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How can i gain weight in 1 month

Aunt Flo always brings a real basket of goodies when she visits. Sometimes, when we're done with mood swings and stabbing abdominal pain, we get another PMS gift — weight gain.Whether you feel just a little bloated or your pants fit like a too-tight sausage casing during your time of the month, period weight gain happens to lots of people.Though suddenly sizing up your jeans can be unnerving, period weight gain isn't anything to be ashamed of. Reminder: Bodies change all the time, and weight is not a primary measurement of health. To better understand this phenomenon, we researched why period weight gain happens, what to expect, and how to manage the monthly shift.Share on PinterestIvan Gener/StocksyPeriod symptoms vary from person to person. Some people breeze through without a care in the world, while others are bedbound, wondering if they crossed Satan and got cursed with cramps.According to a 2014 study, up to 97 percent of women may experience PMS symptoms, and 65 percent may experience period-related swelling.It's perfectly normal for your weight to fluctuate a few pounds every day, even when it's not that time of the month. During your period, your weight can fluctuate up to 5 pounds without any impact on your health. Can it be annoying to feel bloated for days? Yes. Is it unusual? Not really.If you've gained more than 5 pounds or you keep rapidly gaining weight once your period is over, consider calling your doctor to see if another condition could be to blame. But if you have a little fluctuation, don't fret.Your hormone levels rise and fall during your cycle. When progesterone drops, bloating goes up (according to a 2011 study). Your body decides to hold on to extra water, which can cause you to gain up to 5 pounds.This water retention might make your face look puffer, make your waistband tighter, and make you feel like a camel carrying around a hump's worth of water.Hormones may start the weight-gain party, but other PMS symptoms keep it going strong.Imagine being tired, in a bad mood, and in mild to moderate pain all day. What kind of food would you reach for? Yep, kale and apple slices. Just kidding. You'd want a bag of Lay's and a See's Dark Truffle box!That's an exaggeration, of course, but a small 2008 study did suggest a possible connection between period hormone fluctuations and binge eating. Just being tired can make you crave salty or sweet foods, so the fatigue and hormones make for a cravings bonanza.Ooh, we almost forgot the constipation! Hormonal fluctuations can impact your intestines, causing gas, constipation, or other toilet-related troubles.In a 2014 survey of 156 women, 73 percent reported experiencing GI symptoms before or during their period. The extra gas and lack of poop can make your bloating even worse, which makes those waistbands feel snug.Almost always, your weight will return to its original state. Water retention is most intense on the first day of your period but decreases quickly after that. Typically, your weight will be back to normal about 5 days after your period starts. As best you can, try not to worry about period weight gain. For the most part, it's just water, and it's a normal part of life.Still, bloating can be very uncomfortable, and there are ways to safely lose water weight:Take magnesium. A 2012 study found that taking 250 milligrams of magnesium per day helped reduce period water retention. Take vitamin B6. The same study found that a daily dose of B6 helped participants reduce their overall PMS symptoms, including bloating.Eat less salt. The more sodium you consume, the more water you retain. Limiting your salt intake can help you shed water weight faster.Get some sleep. Being well-rested will help you make healthier food choices and help your body function better as a whole. Try to get 8 hours of sleep per night. Or take power naps, catnaps, or "I take a nap right here" naps. Eat complex carbohydrates. Complex carbs keep you full longer and don't trigger spikes in your blood sugar. This helps your body fight inflammation and might keep you from grabbing processed snacks.Limit coffee and booze. Caffeine and alcohol are inflammatory and tend to make PMS symptoms worse. Maybe avoid lattes and martinis when you're playing ragtime.If you can control your hormones with the power of your mind, then yes! But sadly, none of us have that power (and if there's a Marvel hero with the power of hormones, we just bought tickets for that film). You can reduce your water retention and discomfort with a few lifestyle changes.Smoking has been shown to make period symptoms worse — though there are plenty of other reasons to stop smoking too. So if you smoke, try to quit. It can be a serious challenge, but it's worth the effort.Being active also helps relieve symptoms. Whether you do an at-home class or go for walks, getting regular activity throughout the month can make you feel better when it's period time. Oddly enough, a 2011 study found that runners experienced worse water retention on their period than nonrunners. That doesn't mean you should stop running — overall, it's still great for you. But you won't be able to outrun period weight gain.Lastly, try to keep your stress level down. Whether you meditate, journal, or talk to a friend, keeping stress hormones in check can make PMS symptoms less severe.Period weight gain is normal and nothing to worry about. By eating less salt, increasing your magnesium, staying active, and getting enough sleep, you might be able to keep the bloating at bay.But even if the scale goes up 5 pounds, it almost always goes right back down when Aunt Flo ends her visit. Your periods can come with a whole slew of annoying side effects, including some that start before your actual period. (PMS, anyone?) The weeks surrounding (and during) our periods are often peppered with some, well, less-than-ideal sensations and emotions—from cramping and fatigue to mood swings, headaches, and nausea. And that's not to mention the dreaded bloat: Not only does a puffy midsection unceremoniously signal that your period is coming (and make you reach for your most forgiving maxi dress instead of your favorite high-waisted jeans) but it also indicates that you may be bound for some weight gain, too. Meet the Expert Anna Druet is a science writer, researcher, and was formerly Clue's Science and Education lead. She specializes in women's health topics, particularly reproductive issues. Kyrin Dunston is a board-certified OBGYN as well as a Life Mastery Consultant. She is a member of the Institute of Functional Medicine (IFM) and the American Academy of Anti-Aging Medicine (A4M). Dietitian Frida Harju-Westman is an in-house nutritionist at the health app Lifesum. But whether your bloating and weight gain are symptoms of PMS or if they seem to creep up while you're already on your period, they're actually pretty preventable if you're eating the right things and not overeating. So whether you're experiencing PMS or your period is already in full swing, learn about effective ways to relieve bloat and period-induced weight gain—and banish them for good. Like a lot of health issues, the exact causes of PMS weight gain and bloating aren't that clear, and very often, they vary from person to person. "We do know that hormonal changes around the end of the cycle can lead to bloating by way of water retention," explains Anna Druet, a research scientist at the period and ovulation tracking app Clue. "Other women may experience gas retention and constipation, as progesterone (a hormone involved in your menstrual cycle) can affect the speed of digestion. Some women also experience diarrhea, which is caused by the same hormone-like lipids (called prostaglandins) that make the uterus cramp during menstruation," she explains. Each of these GI issues can result in bloating and, thankfully temporary, weight gain. When extra water builds up and is then held by the body, it's referred to as water weight. And according to Alisa Vitti, a functional nutritionist, women's hormone expert, and author of WomanCode, there are three main causes of fluid retention during the menstrual cycle. The first is that the hormone estrogen can cause salt and water to be retained in the body's tissues, which usually happens when estrogen outweighs the level of progesterone in the body (aka "estrogen dominance"). One way to know if estrogen dominance is what's causing your water retention and bloat is "if you have pre-existing hormonal imbalances [that have resulted in] fibroids, endometriosis, polycystic ovary syndrome (PCOS), or ovarian cysts," explains Vitti. So if you're feeling bloated during the luteal phase (the two-week period between ovulation and before the start of menstruation) and suffer from any of these maladies, you can reasonably assume that peak levels of estrogen are causing the bloating. Whenever we're stressed out, cortisol (the "stress hormone") is released by the body's adrenal glands. When cortisol levels increase, the body becomes resistant to insulin, which results in increased blood sugar and weight gain, too. "You know how when you're stressed and you step on the scale, you seem to weigh five pounds more than you did the day before," asks Vitti. "That's the effect of cortisol," she explains. "It puffs you up due to its antidiuretic function and causes your body to retain sodium." In the week before your period, magnesium levels drop and can contribute to all those nasty PMS symptoms, including bloating. "The human body is like a battery that runs on special electricity derived from four key electrolytes: calcium, sodium, potassium, and, of course, magnesium," Vitti notes. Magnesium supplements have been shown to reduce stress and improve insulin resistance, and lower-than-normal levels can also cause constipation (and thereby, bloating), fluid retention, and gas during your period. Although there are many factors at play, there are some things you can do to manage weight gain to due PMS. Virtually every expert recommends eating healthy to keep symptoms in check. "Consuming a highly-processed diet low in whole foods and high in chemicals and additives will increase your chances of suffering from bloating and weight gain during the premenstrual period," explains Kyrin Dunston, MD, a board-certified OB-GYN and author of Cracking the Bikini Code. Druet agrees, noting, "While remedies may be different for everyone, some nutritional changes can likely help to prevent bloating. Though you may be inclined to reach for carb-heavy comfort food, steer clear of salty or processed foods, as these can cause your body to retain water, resulting in bloating." She says that alcohol and caffeine should also be nixed since they, too, can make bloating worse. If you're experiencing PMS weight gain along with other bothersome symptoms, then have your hormone levels evaluated by a doctor, says Dunston: "Although PMS is extremely common in the U.S., it isn't actually normal; when the hormones are perfectly balanced, PMS should not occur." Natural hormone regulation treatments and supplements, which vary depending on one's particular imbalances, can help you feel better and kick bloat to the curb. If you think your PMS symptoms might be related to stress, then hit the gym. "Exercise is a great way to beat stress and decrease cortisol levels," explains Vitti. Sometimes, getting your heart rate up can make all the difference. Anna Bizon / EyeEm / Getty Images If prevention is no longer your main concern because you're already bloated, our experts recommend eating these seven foods to soothe digestive issues and help shed water weight. "Whenever you're bloated, your go-to drink should be kefir," says dietitian Frida Harju-Westman, an in-house nutritionist at the Swedish healthy living app, Lifesum. Drinking kefir—fermented milk with the consistency of a thin yogurt—is especially helpful if dairy products give you digestive troubles. "Kefir contains lactase, an enzyme that helps your body break down lactose, which is usually responsible for any bloating, gas, or tummy pain when it comes to dairy products." In addition to spinach's many other health benefits, "there are 156 milligrams of magnesium in just one cup," says Dunston, "which helps relax muscles and may reduce cramping during your period." Bonus: Magnesium is also said to decrease PMS symptoms such as irritability and headaches, too. Yes, chocolate has made the cut. "Just make sure you opt for 70% dark chocolate or treats made with organic raw cacao," Vitti advises. (And be sure it's not loaded with sugar, which causes inflammation.) It's also fairly high in magnesium, with 176 milligrams in a 100-gram serving, or around half of our daily recommended intake." Not only do avocados promote brain health, but they're also high in potassium, with 354 mg per half-cup serving, which research has shown to decrease sodium levels and increase urine production, thereby helping to reduce water retention and improve period bloating. Dunston prefers avocados over bananas (a medium-sized banana contains 422 mg of potassium) because they're lower in carbs. And, adds Dunston, because the body needs a total of 2600 mg to 3400 mg of potassium daily, you can eat them pretty liberally, too. As if you really needed an excuse to eat more avocado toast. Kimchi is a ubiquitous and savory Korean side dish that's primarily composed of salted napa cabbage and spices. "Because it's fermented, it has a very strong, pungent smell," says Harju-Westman, "but it is great for reducing bloating." And, since kimchi is chock full of probiotics, it also promotes a healthy gut. Many cruciferous veggies, such as broccoli, are rich in calcium, which research has shown, decreases PMS fatigue and depression. (Just one cup contains a whopping 180 mg.) Broccoli is also rich in fiber, which (when less than 70g of it is consumed per day), helps reduce bloating and irregular bowel movements. To increase the body's absorption of calcium, says Dunston, "Have that broccoli with some salmon, which is high in vitamin D." Calcium-and-vitamin-D supplements, Dunston adds, have been shown to improve mood and reduce the severity of PMS symptoms, such as diarrhea, constipation, fatigue, depression, and bloating. Many nuts and seeds are high in B vitamins (particularly B1 (thiamine), B6, and riboflavin), which have been shown to help decrease PMS symptoms such as irritability, fluid retention (weight gain), and bloating, among others. (Think: unsalted almonds, pistachios, and sunflower seeds.) "Nuts and seeds contain high amounts of minerals, electrolytes, and healthy fats," Dunston adds, "which also help to balance our hormones."

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